Food Cookery and Nutrition Curriculum Overview

Post 16 Destinations

Apprenticeship

University

Exam

Exam 1h 20m

Unit 1:The Hospitality and Catering Industry

Food hazards and symptoms

Customer need and expectations

Operational requirements Equipment and materials

Employment roles Qualifications and experiences

Role of the EHO

Catering and the law

Food intolerances and allergies

Health and safety laws

Types of food service

Introduction to establishments

Job roles within the industry

Commercial and non- commercial provision

Reviewing and Evaluating to conclude Unit 2

Year 11

2.3.1 Prepare the dishes, demonstrating a variety of basic, medium and complex preparation and knife techniques.

2.4.1 Assess the production of the presented dishes.

2.4.2 Review your own performance.

KS4 - Level 1/2 Hospitality and Catering

2.2.2 Produce a plan for two dishes including equipment list, ingredients list

2.2.1 Factors affecting chosen dishes

2.1.2 Explain the impact of cooking methods on the nutritional value of the chosen dishes.

2.1.1 Analyse the task

Energy

Lifestages, medical needs

dietary needs

Calculate energy and nutritional values of recipes, meals and diets

Micronutrients

Macronutrients

Unit 2: Hospitality and Catering in Action

Principles of nutrition

Year 10

Practical skills : knife skills deboning filleting preparation of meat technical skills

specific lifestyle needs

To develop knowledge and understanding of sauces and their use in food preparation.

Nutritional analysis

Practical skills: The blended method A roux The all in one method Bechamel Infused Veloute

To develop knowledge practical skills of a wid range of pastries both sweet and savoury

Practical skills : Pastry, chocolate art, meringue

Water and the importance in our diets

Developing technical skills

Year 9

To develop a knowledge and understanding of the hospitality and catering.

What is the food science of shortening, aeration Heat Transfer & caramelisation?

How do we adapt recipes for different needs?

What factors affect our food choices?

Students analysis and understand foods marketing, trends , street food.

World foods- Evolution of diets and cuisine in the UK

Cuisine. Staple foods and recipe origin

What is International cuisine ?

Religion, food laws, forbidden foods

Evolution of Cultural Diversity

Year 8

British cuisine

Introduction food hygiene and safety.

Using a cooker

Using a knife and knife techniques

8 Government healthy eating guidelines

Eatwell guide

Diets - age related. Understand the nutritional needs of all age groups and build knowledge of special diets

How does food labelling inform & educate consumers?

Personal hygiene Food and Kitchen Safety

Welcome To Wellacre!

Year 7

How do we weigh & measure accurately?

Storage of food and cross contamination

Food poisoning

Develop and gain understanding of macro and micro nutrients and the role they play in the body

To develop a knowledge of food science. (Raising agents., Dextrinization)

‘ One cannot think well, love well, sleep well if one has not dined well’ VIRGINIA WOOLF